

Syrup of Figs and Elixir of Senna

Cleanses the System Effectually; Dispels Colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative. Best for Men, Women and Children—Young and Old. To get its Beneficial Effects Always buy the Genuine which has the full name of the Company

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SOLD BY ALL LEADING DRUGGISTS.
one size only, regular price 50¢ per bottle.



TOWER'S FISH BRAND SLICKER
The cleanest, lightest, and most comfortable at the same time cheapest in the end because it wears longest 300 Everywhere
Every garment guaranteed waterproof Catalog free

A Long Job.
An English astronomer, J. Franklin Adams, is said to have begun the prodigious task of counting the stars. Most people greatly overestimate the number of stars to be seen on a clear night—a matter of some 4,000—but their guesses are likely to fall as far short of the number revealed by a telescope. Even a field glass increases the visible number astonishingly, and the big telescopes reveal a number estimated at over 60,000,000, while the camera reveals, apparently, over 100,000,000. The method of counting is by moving the photographic plates, each covering a small area of the heavens, across the field of a microscope provided with a graduated grating so that the stars can be counted in narrow strips—Springfield Republican.

When You Are Tired.
Don't grit your teeth and work harder. Ease up a little. Don't talk any more than you can help. Talking takes vitality. Lie down in a dark place if only for 15 minutes. Don't read anything in which you are not interested. Don't feel that everything must be done in one day. There are 364 more. Realize that it is better to leave things undone than overdo yourself. Avoid people and their woes at that time. Seek some one frivolous. Don't try to improve yourself. Give your mind a rest. And don't forget that a little lemon juice in cold water in the morning is a great help.

Temperance in Norway.
"The cause of temperance is working great headway in Norway. We have adopted the local option policy with excellent results," said P. Ansen, a manufacturer of white paper, from Skien, Norway. "Whenever the people of a certain district or county wish to abolish drinking houses an election is held at which all adult males in that territory are supposed to vote. If any are absent their votes are counted for prohibition. Another election cannot be held until after five years."

AFRAID TO EAT
Girl Starving on Ill-Selected Food.
"Several years ago I was actually starving," writes a Me. girl, "yet dared not eat for fear of the consequences. I had suffered from indigestion from overwork, irregular meals and improper food, until at last my stomach became so weak I could eat scarcely any food without great distress. Many kinds of food were tried, all with the same discouraging effects. I steadily lost health and strength until I was but a wreck of my former self. Having heard of Grape-Nuts and its great merits, I purchased a package, but with little hope that it would help me—I was so discouraged. I found it not only appetizing but that I could eat it as I liked and that it satisfied the craving for food without causing distress, and if I may use the expression, 'it filled the bill.' For months Grape-Nuts was my principal article of diet. I felt from the very first that I had found the right way to health and happiness, and my anticipations were fully realized. With its continued use I regained my usual health and strength. Today I am well and can eat anything I like, yet Grape-Nuts food forms a part of my bill of fare." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

AGRICULTURAL HINTS

TURNIPS.
For early use seed of turnips should be sown as soon as the ground can be prepared. Although turnips are frequently sown broadcast, good results are more certain by drilling one-half inch deep in rows one foot apart.—Indianapolis News.

BREEDING SWEET CORN.
Considerable tabular data are given by the New Jersey Experiment Station, showing the effect, as indicated by the composition, of breeding sweet corn by the ear to row method. Three plants were selected from the first year's planting, and analyses made of a number of ears from each row. These ears were allowed to ripen, and were planted in the season of 1907. The result again indicated the tendency of certain individual ears to transmit a high percentage of sugar, and that this tendency prevails throughout the entire row grown from such an ear.—American Cultivator.

POINTS IN GARDENING.
There is little danger of making the soil too rich for a vegetable garden. The use of hand tools is unnecessary in the preparation of a seed bed if the soil is worked at the proper time. The labor of hand weeding may be reduced to a minimum by planting in freshly worked soil only, tilling close to the rows early in the season and permitting no weeds to ripen their seed.

The use of a wheel hoe saves labor in the care of a garden even when much of the tillage is to be done with a horse.—Weekly Witness.

TOMATO PLANTS.
Short, stocky tomato plants are the best, but many amateur gardeners do not seem to know this. The tallest tomato plants often command the highest price, but this is no evidence that they are the best. Stockiness is secured by free ventilation, rather low temperature, a moderate amount of water and ample space for each plant. When the plants are to be used on your own farm it pays to make every possible effort to secure a stocky growth. But if you have nothing but tall, weak overgrown plants don't throw them away. Bury about half the stems in a horizontal position, leaving only about four or five inches above ground. The part below will throw out roots, and the plant thus treated will yield a good crop.—American Cultivator.

PINK RAMBLER ROSES.
The crimson Rambler has suddenly come into fashion abroad, and in all the recent accounts of fashions in London one reads of its being employed as a decorative bloom. It has been a great favorite in this country for some years, but the pink species is now beginning to rival it. In June and early July one sees it all through the suburbs, says Town and Country, and it has quite taken the place of the honeysuckle, the Virginia creeper and other climbers for summer house and trellis covering. Some years ago it was introduced by the florists here as a potted plant for Easter, the blooms being forced. Before that time, both in England and France, it was considered as rather an ordinary variety of the rose and was not held in high esteem. A new rose, faint pink and single, a climber and evidently a wild flower in its native land, has been used in large quantities for decorative purposes. The blossom is quite small and feathery, but massed the plants are most effective. The demand for pink flowers of any kind this year exceeds that of any other color. During the winter the Killarney rose led even the sterling favorite, the American Beauty.

STRAWBERRY POINTERS.
When you get strawberry plants don't set them until you have pruned them by cutting the tip ends off the roots. Where the roots are cut they will callous, and from this point the feeders will start, and when the feeders start pumping moisture charged with plant food, the plant's entire machinery is put into motion. When setting the plants spread the roots fan-shape, put them straight down into the soil, press the soil firmly against the roots, leaving the crown of the plant clear up above the surface. Cultivate after each rain, just as soon as the soil will crumble. If it doesn't rain cultivate every eight or ten days, and keep a dust blanket between the rows and all around the plants in the row. Remove the first runners if for any reason the mother plants are not growing vigorously; let the first runners set if the mother plant says so; her appearance and condition will talk. Mulch immediately after the first freeze. In the spring part the mulch directly over the rows, just wide enough for the plants to come up through. Grow the plants either in the double hedgerow or in the twin single hedgerow. Never pull any weeds; kill them before they are big enough to pull. Just as soon as the plants are set out begin to cultivate. Pinch off the fruit stems before buds open.—Indianapolis News.

Tomfoolery

"JENNY KISSED ME," TOO.
Sarah kissed me when we met,
So did Kate and Bell and Dora,
So did Jane and Violet,
Dolly, Claribel and Flora.
They all liked me pretty well,
And—dear girls—they never hid it
I don't like to kiss and tell—
Still, they did it.
Later in the day I met
(And saluted) Maude and Daisy,
And I also kissed Cozette,
Clara, Julia, Ruth and Maisie—
O, I'm sorry for Leigh Hunt,
I who've had so many, many!
While poor Leigh's one vaunted stunt
Was with Jenny.
—Richmond Times-Dispatch.

MODERN LIFE.
"Got much family?"
"Not much. Just a pup and a rubber plant."—Pittsburg Post.

THINKING PART FOR ETHEL.
Ethel—"Let's play house."
Johnny—"All right; you be ma away in the country and I'll be pa."—New York Sun.

A MAN'S COMMENT.
"That's a smart pump."
"And a smart girl wearing it. Nothing short of genius could keep that style of footgear on."—Louisville Courier-Journal.

GIVING IT TIME.
Jeweler—"Is your watch all right now, Mr. Smart?"
Mr. Smart—"Well, no, not yet; but it seems to be gaining every day."—Boston Transcript.

THIS MIGHT STICK.
"Have you made your campaign contribution yet?"
"What's the use?" sighed the poet. "All my contributions are returned, with thanks."—Washington Herald.

SUITABLE ATTIRE.
"I think," said Sue Brett, "I'll take a dip into vaudeville."
"Take a dip, eh?" commented Yorick Hamm. "So that's why you've ordered a bathing-suit rig."—Kansas City Journal.

HAVE A CARE.
"My mission in life," said the satirist, "is to put the dunce cap on the heads of other people."
"Be careful," replied his friend, "that you don't catch cold."—Philadelphia Inquirer.

REGARDLESS.
"It will be an expensive wedding, I understand."
"Oh, it will. They rehearse every day, and the prospective groom smashes a real camera at each rehearsal."—Washington Herald.

SOMEWHAT PREPARED.
"I think that young man is a candidate for your daughter's heart."
"Yes," assented the indulgent father, "and I believe he'll win out. I look for a notification committee any day now."—Washington Herald.

UNFRIENDLY VIEWS.
Passenger Agent—"Here are some postcard views along our line of railroad. Would you like them?"
Patron—"No, thank you. I rode over the line one day last week and have views of my own on it."—Chicago News.

THE GREEDY BARD.
"When he was poor he was a good poet, but prosperity ruined him."
"How was that?"
"As soon as he began getting a dollar a word, he wouldn't stick to the meter. Insisted on jamming in extra words."—Louisville Courier-Journal.

BURDENED WITH WEALTH.
"Did you try counting sheep for your insomnia?"
"Yes, doc; but I made a mess of it. I counted 10,000 sheep, put 'em on cars and shipped 'em to market. The wad of money I got for 'em made me afraid to go to sleep."—Washington Herald.

A SERIOUS MATTER.
"You are being mentioned prominently," explained the politician, "for this and that office of distinction."
"But that doesn't provide me with the cats," expostulated his constituent. "Won't you have me mentioned for some place I could get?"—Houston Chronicle.

NO TERRORS FOR HIM.
The Angle Worm—"How in the world do you escape being poisoned by the Paris green the plants are sprayed with?"
The Potato Bug—"Me? My boy, I'm a faith scientist. I consider the stuff creme de menthe, and partake of it freely after meals."—Judge.

A CONSISTENT CUTTER.
"Who on earth cut your hair?" gasped Mrs. Gunson as her husband arrived home.
"A locksmith, my dear," replied Mr. Gunson. "Did you think a barber had anything to do with it?"
"Indeed I did not," retorted Mrs. Gunson. "Judging from the shaggy way it has been trimmed I thought perhaps it was done by a hackman."—The Bohemian.

Testing Kinship by Blood.
Testing animal origins or kinship by similarities or blood analyses, as suggested by Prof. Nuttall, the English biologist, is bringing novel ideas into zoology. It shows that the hippopotamus is a pig and the walrus a horse and confirms the long recognized relationship between birds and reptiles. But it does not connect man with monkeys and traces only slight kinship with the anthropoids.

Beware of Ointments For Catarrh That Contain Mercury.
As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists; price, 75c. per bottle. Take Hall's Family Pills for constipation.

One Way to Do It.
While the automobile enthusiasts are considering ways to avoid accidents at railroad grade crossings, it might be a good idea for the chauffeurs to slow up and be a bit careful until some other plan can be figured out.

DEEP CRACKS FROM ECZEMA.
Could Lay Slate-Pencil in One—Healed Treatment for 7 Years—Cured by Cuticura.
"I had eczema on my hands for about seven years and during that time I had used several so-called remedies, together with physicians' and druggists' prescriptions. The disease was so bad on my hands that I could lay a slate-pencil in one of the cracks and a ride placed across the hand would not touch the pencil. I kept using remedy after remedy, and while some gave partial relief, none relieved as much as did the first box of Cuticura Ointment. I made a purchase of Cuticura Soap and Ointment and my hands were perfectly cured after two boxes of Cuticura Ointment and one cake of Soap were used. W. H. Dean, Newark, Del., Mar. 28, 1907."

Ruins Restored.
The famous ruins of Tintern Abbey, Monmouthshire, England, are being restored as far as the four great arches are concerned, and more excavations are being made around it in hope of finding other buildings.
H. H. GREEN'S SONS, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

Skiping.
The art of reading is to skip judiciously. Whole libraries may be skimmed in these days, when we have the results of them in our modern culture without going over the ground again. And even of the books we decide to read, there are almost always large portions which do not concern us, and which we are sure to forget the day after we have read them. The art is to skip all that does not concern us, whilst missing nothing that we really need.—P. G. Hamerton.

Moon's Surface Changes.
Changes on the moon's surface, especially near the crater Linnacus, are now recognized by Pickering, Barnard and others. It is concluded that the diminution of a white patch must be a melting of hoar frosts at sunrise and that the deposition and melting of frost must be taking place in other parts of the moon.

Miners Not Consumptives.
A mining journal published at Scranton has been calling attention to the curious fact that in coal mining communities there is a marked deficiency in the mortality from tuberculosis as compared with that of other localities.

The Smallest Brain.
A healthy, regularly formed brain of twenty-four ounces, scarcely half of the normal average, seems to have been the smallest ever recorded for an adult. It was recently found in Daniel Ryan, a New York coachman, who died suddenly at the age of forty-six.

New Shingles.
Shingles are now made under a patented process from asbestos fiber and Portland cement. Owing to the enormous pressure under which the shingles are manufactured it is said that they absorb, when fresh, only about 5 per cent of their weight in water.

Twin Evils.
Next to lack of work, drinking and gambling are responsible for more suicides than anything else in the country, and yet there is always a howl when any attempt is made to regulate these twin evils.

ONE KIDNEY GONE.
But Cured After Doctors Said There Was No Hope.
Sylvanus O. Verrill, Milford, Me., says: "Five years ago a bad injury paralyzed me and affected my kidneys. My back hurt me terribly, and the urine was badly disordered. Doctors said my right kidney was practically dead. They said I could never walk again. I read of Doan's Kidney Pills and began using them. One box made me stronger and freer from pain. I kept on using them and in three months was able to get out on crutches, and the kidneys were acting better. I improved rapidly, discarded the crutches and to the wonder of my friends was soon completely cured." Sold by all dealers; 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

25¢

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SUPERIOR TO BEST SOLD AT ANY PRICE.

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The small price is made possible by the great demand for this Razor. The small profit on each aggregating as large a sum as if we sold fewer at a greater price. The benefit is the consumer's.

The Blade is of the finest steel, scientifically made and tempered by a secret process—and the blade, of course, is the important part of any Razor. The frame is of satin finish, silver plated, and "angled" correctly for safe, quick and clean shaving. The tough bearded man finds this Razor a boon; the soft bearded man finds it a delight. These blades can be stopped. Buy one and you will recommend it to all your friends. That is the best test of any article.

in postage stamps or cash brings it prepaid by mail in a special box. Write name and full address very plainly.

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HELPFUL ADVICE



You won't tell your family doctor the whole story about your private illness—you are too modest. You need not be afraid to tell Mrs. Pinkham, at Lynn, Mass., the things you could not explain to the doctor. Your letter will be held in the strictest confidence. From her vast correspondence with sick women during the past thirty years she may have gained the very knowledge that will help your case. Such letters as the following, from grateful women, establish beyond a doubt the power of

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

to conquer all female diseases. Mrs. Norman R. Barndt, of Allentown, Pa., writes:
"Ever since I was sixteen years of age I had suffered from an organic derangement and female weakness; in consequence I had dreadful headaches and was extremely nervous. My physician said I must go through an operation to get well. A friend told me about Lydia E. Pinkham's Vegetable Compound, and I took it and wrote you for advice, following your directions carefully, and thanks to you I am today a well woman, and I am telling all my friends of my experience."

FACTS FOR SICK WOMEN.
For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

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On the Potomac, opposite Quantico, Va., 718 acres; substantial farm house and outbuildings; 85 acres in timber, comprising about 4,500 cords of wood. The river front of three-eighths of a mile is a commercially valuable fishing shore. Price, \$7 per acre. S. HERBERT GLENN, Att'y. for Owner, 618 F St., N. W., Washington, D. C.

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